

OCMH: THE BEAT

Osborne County Memorial Hospital Newsletter

Fall 2021



Please Wear Your **FACE MASK**

We ask that you please continue to wear a mask while inside of our facility. While we understand that there is no mask mandate in place for the state of Kansas, we as a health care facility must adhere to CDC guidelines. The universal source control measure guidelines state that you must wear a face mask while inside a health care facility. Please continue to wear a face mask upon entrance to our facility and continue to wear it once inside our facility. If you do not have a face mask of your own, there is a face mask kiosk in our entryway.

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A Word from our CEO...

I was hoping by the time of this newsletter being published I wouldn't be updating you on COVID at OCMH again. However, as you are well aware, the new variant has reached Osborne County and we have seen an increase in testing and treatment. COVID continues to affect all our staff in different ways from testing, treating the patient, cleaning, screening and all the paperwork involved in reporting and regulations. OCMH is fortunate to have such dedicated employees working together during this crisis. At this time, we have reinitiated the NO VISITOR policy for the safety of everyone involved. Please remember if you are utilizing our services at either the hospital or clinic it is mandatory to wear a mask and follow the screening protocols each time you visit our facility.

We are excited to announce we have just started with a new pain management provider. We have contracted with Midwest Pain Solutions and Jacob Miller, CRNA, will be providing the services here at OCMH. He has over 19 years of experience in healthcare including 7 years of practicing anesthesia. He completed his fellowship in Chronic Pain Management and has over 4 years of rural pain management experience. Jacob comes on a monthly basis and his next visit will be on October 19, 2021, so please contact your primary care provider if you are in need of these services. We will release additional information about our pain management services soon.

Our financial audit for fiscal year 2020 has finally been completed and we were very pleased with the positive changes. Some of the changes from 2019 to 2020 include an increase in overall gross revenue by 16.1%. Inpatient and swing bed days rose by 21% and outpatient revenue increased 7.9%. Rural Health Clinic visits rose by 31% and related revenues in the clinic rose by 51%. We appreciate the support of the patients that are using our health care services and continue to look at other services we can add in the future.

Enjoy the upcoming cooler weather and stay safe!

Marianna Harris

Did you know you can support OCMH while shopping with Amazon? Simply go to smile.amazon.com and choose Osborne County Memorial Hospital as your charitable organization. OCMH will receive 0.5% of the purchase price if the item is AmazonSmile eligible!



amazonsmile
You Shop. Amazon Gives.



WELCOME TO OUR NEW STAFF!



Sherry Graf joined OCMH's Dietary Department as a cook. Sherry has been in the food service industry for most of her career. Sherry resides in Osborne and enjoys spending time with her grandchildren.

2022 ANNUAL ENROLLMENT PERIOD DATES

Dates and deadlines you need to know



OCT. 15, 2021

**ANNUAL ENROLLMENT
PERIOD BEGINS**

This is the first day you
can enroll for 2022
health coverage.



DEC. 7, 2021

**ANNUAL ENROLLMENT
PERIOD ENDS**

This is the last day you
can enroll for 2022
health coverage.



JAN. 1, 2022

FIRST DATE COVERAGE CAN START

Even if you enroll in December
2021, your new Medicare plan
won't go into effect until
Jan. 1, 2022.

VISITOR RESTRICTIONS



CLINIC PATIENTS AND OUTPATIENTS-

To help prevent the transmission and spread of the COVID-19 coronavirus, OCMH is taking precautions to protect you, your family members, health care workers, and the community. As a result everyone entering OCMH is required to wear a mask. We are requesting that if you have your own cloth mask please wear it, if you do not have one, there are masks available at the entrance to the facility. As of April 1, 2021 OCMH implemented a self service temperature kiosk. Please remember to take your temperature using our temperature kiosk and then proceed to the clinic, physical therapy or hospital registration areas to complete COVID-19 questions.

HOSPITAL VISITORS-

To help ensure the safety of our patients, providers, employees and community, our facility is currently **not allowing visitors, clergy or vendors**. This is subject to change at any time.

Thank you for your cooperation and understanding while we stay focused on providing you the high-quality of care you've come to expect from OCMH.

Please watch our Facebook Page for updates.

BENEFITS OF GETTING A COVID-19 VACCINE



COVID-19 Vaccination Will Help Keep You from Getting COVID-19



NEARLY
100%

EFFECTIVE AT PREVENTING
SEVERE ILLNESS
HOSPITALIZATION & DEATH
DUE TO COVID-19, INCLUDING
FROM THE DELTA VARIANT

All COVID-19 vaccines currently available in the United States have been shown to be highly effective at preventing COVID-19.

COVID-19 Vaccination is a Safer Way to Help Build Protection



**MILLIONS
OF PEOPLE**

IN THE UNITED STATES
HAVE RECEIVED
COVID-19 VACCINES

COVID-19 vaccines are safe and effective. Millions of people in the United States have received COVID-19 vaccines under the most intense safety monitoring in U.S. history.

COVID-19 Vaccination is an Important Tool to Help Stop the Pandemic



**WEARING
MASKS +
SOCIAL
DISTANCING**

PROTECT YOURSELF AND
OTHERS FROM COVID-19.

Until you're fully vaccinated, wearing masks inside public places + staying at least 6 ft apart from people who don't live with you & who may not be vaccinated reduce your chance of being exposed to or spreading the virus. Even people who are vaccinated in areas of substantial or high spread of COVID-19 should wear a mask inside public places to maximize protection from the highly contagious Delta variant and prevent possibly spreading it to others.

Three ways to find a vaccine: Go to [vaccines.gov](https://www.vaccines.gov), text your zip code to 438829, or call 1-800-232-0233 to find a vaccine near you

FALL SUDOKU

Fill in the grid with numbers 1 to 9 making sure no number is repeated in every row, every column and within each mini grid.



4			1			5		3
8				5	7		2	4
7	3		6	4		9		
1				7		3		
		2		8		7	6	9
					3	4	8	
2		3			9	1		5
6	4	1	2	3	5			
5		8	7	1				



HALLOWEEN SAFETY



Brought to you by the International Association of Fire Fighters

DID YOU KNOW?

Decorations are the first thing to ignite in 900 reported home fires each year.

2 OUT OF 5

of these fires were started by a candle.



Use **battery-operated candles** or **glowsticks** in jack-o-lanterns. If you use a real candle, use extreme caution. When lighting candles inside jack-o-lanterns, use **long, fireplace-style matches** or a **utility lighter**.

Be sure to place lit pumpkins well away from anything that can burn and far enough out of the way of trick-or-treaters, doorsteps, walkways and yards.





Commercial Drivers And Truckers

Call Goad Clinic Today to schedule your

DOT PHYSICAL EXAM

with one of our

3 DOT certified medical examiners.

785-346-2510



Kamel Barakat, MD



Alison Begay, MSN FNP



Josh Choate, PA-C



Would you like to receive a copy of the Newsletter electronically? Please contact the hospital (785-346-2121) and ask for Keri to be put on the list!

Advanced Directives



Advanced Directive is a general term used to describe both the Healthcare Directive and the Durable Power of Attorney for Healthcare Decisions. It is a term also used to refer to living wills and informal directives that people may express in letters or conversations.

An advanced directive allows you to communicate your healthcare preferences after you have lost the capacity to make or communicate your own decisions. Since 1991, the U.S. Supreme Court has recognized that all adults with decision-making capacity have a constitutional right to refuse or consent to any medical treatment, including ventilators and feeding tubes. Further, state laws authorize you to name a person to make healthcare decisions for you when you cannot make them yourself.

Advanced directives are intended to ensure that your wishes will be known and followed. They will be more helpful and informative if you discuss your wishes with your family, friends and healthcare providers as part of your advance care planning. These documents only become effective when you can no longer make or communicate your decisions yourself.

The greatest benefits of your advanced directive are its power to communicate your wishes and give your family peace of mind. Discuss your advanced directive with your doctor. Other individuals you should share this information with include family, friends, clergy, your attorney, and others who may carry out your wishes.

OCMH uses Five Wishes among other advanced directive documents. The Five Wishes document gives you a way to control something very important-how you are treated if you get seriously ill. It is the first living will that talks about personal, emotional and spiritual needs as well as your medical wishes. It's very easy to use. For more information on Advanced Directives please contact Helen Dannenberg, SSD at 785-346-2121.



IT'S HERE! ASK US ABOUT THE PATIENT PORTAL TODAY!

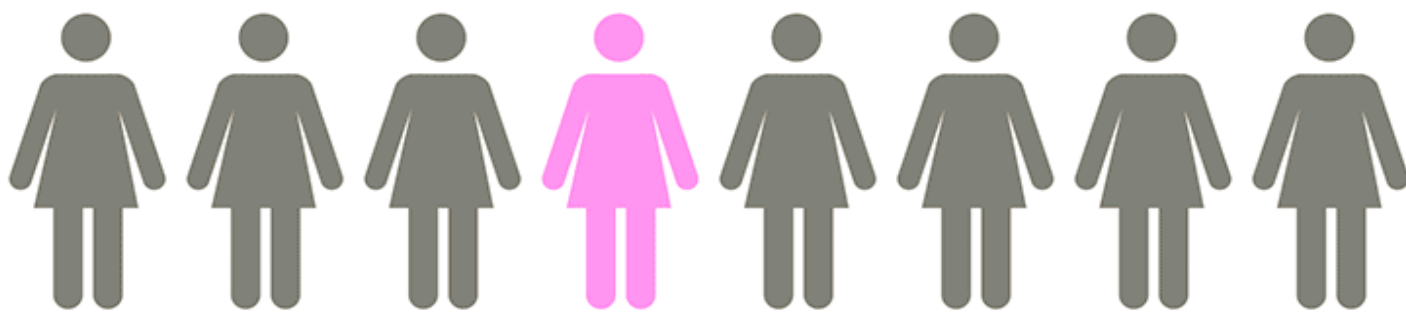
ACCESS YOUR MEDICAL INFORMATION ONLINE

Manage your personal medical records, communicate with your doctors, and make more informed decisions about your health.

GET 24/7 ACCESS FROM ANY COMPUTER, SMARTPHONE OR TABLET!

To sign up for the
OCMH PATIENT PORTAL
contact
HELEN DANNENBERG, SSD
785-346-2121

BREAST HEALTH



About 1 in 8 women in the U.S. will develop invasive breast cancer during her lifetime.

No. 1

276,480

55+

Breast cancer is the most common cancer among American women, except for skin cancers.

Estimated amount of new cases of invasive breast cancer diagnosed in women.

Two of three breast cancers are found in women 55 or older.

3.5million

Estimated amount of breast cancer survivors in the U.S.

No. 2

Breast cancer is the second leading cause of cancer death in women, exceeded only by lung cancer.

Breast cancer survivorship has tripled over the past 60 years.

RISK FACTORS

GENDER

Men can develop breast cancer, but this disease is 100 times more common among women than men.

AGE

Your risk of developing breast cancer increases as you get older.

GENETICS

About 5-10% of breast cancer cases are thought to be hereditary, meaning that they result directly from gene defects inherited from a parent.

FAMILY HISTORY

Risk is higher among women whose close blood relatives have this disease.

Less than 15% of women with breast cancer have a family member with this disease.

WEIGHT

Being overweight or obese after menopause increases breast cancer risk.

RACE

Overall, white women are slightly more likely to develop breast cancer than African American women, but African American women are more likely to die of this cancer.

HEALTH TIPS



BREAST DENSITY

Having dense breasts makes your chance for breast cancer four times higher.



KNOW YOUR FAMILY HISTORY

5-10% of breast cancer is hereditary.



NUTRITION

Eat five or more servings of fruit and vegetables daily, limiting processed and red meats. Choose whole grains.



SCREENING

Remember to get annual mammograms and clinical breast exams beginning at age 40.



WATCH YOUR WEIGHT

Women who have gained 21 to 30 pounds since age 18 are 40% more likely to develop breast cancer than those who haven't gained more than 5 pounds.



PHYSICAL ACTIVITY

Women who walk briskly for 1.25 to 2.5 hours a week have 18% less risk than women who are inactive.



ALCOHOL

Limit alcohol consumption to no more than one drink a day — any more than that increases risk by 1.5 times compared to someone who doesn't drink.



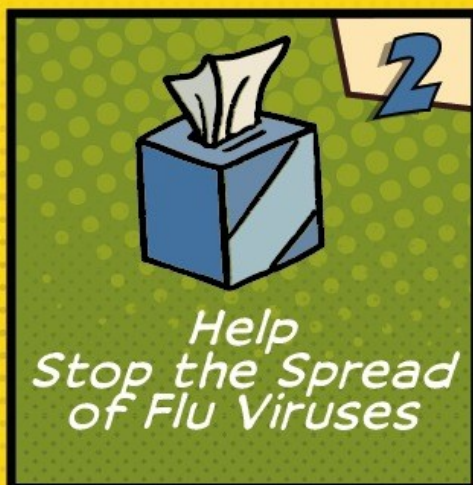
SUPERFOODS

City of Hope researchers have discovered that pomegranates, grape seed extract and blueberries all have powerful breast cancer fighting agents.

SYMPTOMS

- Swelling of all or part of the breast
- Skin irritation or dimpling
- Breast or nipple pain
- Nipple retraction (turning inward)
- Redness, scaliness or thickening of nipple or breast skin
- Nipple discharge

TAKE 3 ACTIONS TO FIGHT THE FLU



#FIGHT FLU

www.cdc.gov/flu



PFAC COMMITTEE MEETS

The Patient and Family Advisory Council Committee met on Friday, August 27th at the Osborne County Memorial Hospital. The first objective for this committee was to address parking for patients that have trouble walking long distances or are unsteady on their feet when going to the hospital. After meeting monthly since January of 2021 discussion was held on different ways to make it better for our patients. Through our research and fact finding we addressed this goal with three solutions.

1. Educate the public on handicap parking permits whether it be permanent or temporary. Helen Dannenberg was tasked with getting the proper paperwork to patients for them to fill out so they can receive a handicap parking permit.
2. Appointment cards in the future will have at the bottom “call prior to your appointment if you require assistance into the hospital”. In the Goad Medical Clinic there is a sign that states if you need assistance call ahead and someone will assist you into the hospital.
3. Promote Solomon Valley Transportation. This service will transport patients to doctor appointments, physical therapy, radiology testing and lab testing.

The next meeting for the PFAC Committee will be Friday October 22, 2021. The PFAC Committee’s mission is to help patients, families and communities that OCMH serves. We hope to strengthen communities and collaborate among families, caregivers and staff.

ANTIBIOTICS DON'T WORK ON COVID-19

www.cdc.gov/DrugResistance



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

321752-A



INSURANCE COMPANY NAME		COVERAGE TYPE
MEMBER NAME: JOHN DOE	EFFECTIVE DATE: XX-XX-XXXX	
MEMBER NUMBER: XXX-XX-XXXX		
GROUP #: XXXXXX-XXXX-XXXX	PRESCRIPTION GROUP #: XXXXX	
PCP CO-PAY: \$15.00	PRESCRIPTION CO-PAY:	
SPECIALIST CO-PAY: \$25.00	\$15 GENERIC	
EMER. ROOM CO-PAY: \$75.00	\$20 NAME BRAND	
MEMBER SERVICES: 1-800-XXX-XXXX		
CLAIMS/INQUIRIES: 1-800-XXX-XXXX		

PLEASE REMEMBER TO BRING
YOUR INSURANCE CARDS AND
YOUR ID WITH YOU TO ALL
APPOINTMENTS.

Specialty Services at OCMH

Urology

Mammograms

Pain Management

Bone Density

Cardiology

General Surgery

Nuclear Medicine

MRI

Behavioral Health

Orthopedics

*Bringing the specialty healthcare
you need to you.*

**Contact your provider if you are needing or wanting to schedule
an appointment for any of these specialty services!**

JOB OPPORTUNITIES

Do you enjoy being a part of a team?

Have you always wanted to work at OCMH?

These opportunities are available now:

RN, LPN, CNA, COOK

For more information please call 785-346-2121



Barbara Brown, DO



Alison Begay, MSN FNP



Josh Choate, PA-C



Kamel Barakat, MD

OCMH Active Medical Staff



OSBORNE COUNTY MEMORIAL HOSPITAL

GOAD MEDICAL CLINIC

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Osborne, KS

785-346-2121 (HOSP)

785-346-2510 (CLINIC)

www.ocmh.org

Follow us on Facebook!